

YOGA AND WALKING MEDITATION

IN THE NATHAN MANILOW SCULPTURE PARK



NATHAN MANILOW
SCULPTURE PARK
... where wonder emerges

Thursday, June 21* • 5:30–7:30 p.m.

Meet on the lawn in front of the sculpture pictured above (Illinois Landscape No. 5, by John Henry) on the East side of campus.

Suggested donations of \$10 per person

Join **Liz Smith** of serendipityyogaandwellness.com for an opportunity to merge yoga, meditation and creative expression. Begin with a 45-minute yoga class designed for individuals with all-levels of yoga experience. Following class, you will be led through a walking meditation in the Nathan Manilow Sculpture Park. Participants will stop at each piece of art for a guided meditation designed to inspire creativity, peace and artistic inspiration.

Be sure to dress comfortably to move and walk. Participants should be able to bear weight in the hands and kneel. Bring water, a notebook and materials to write and sketch, and a yoga mat. If you do not have one, extras will be available.

**(the event will be rescheduled if it rains)*

